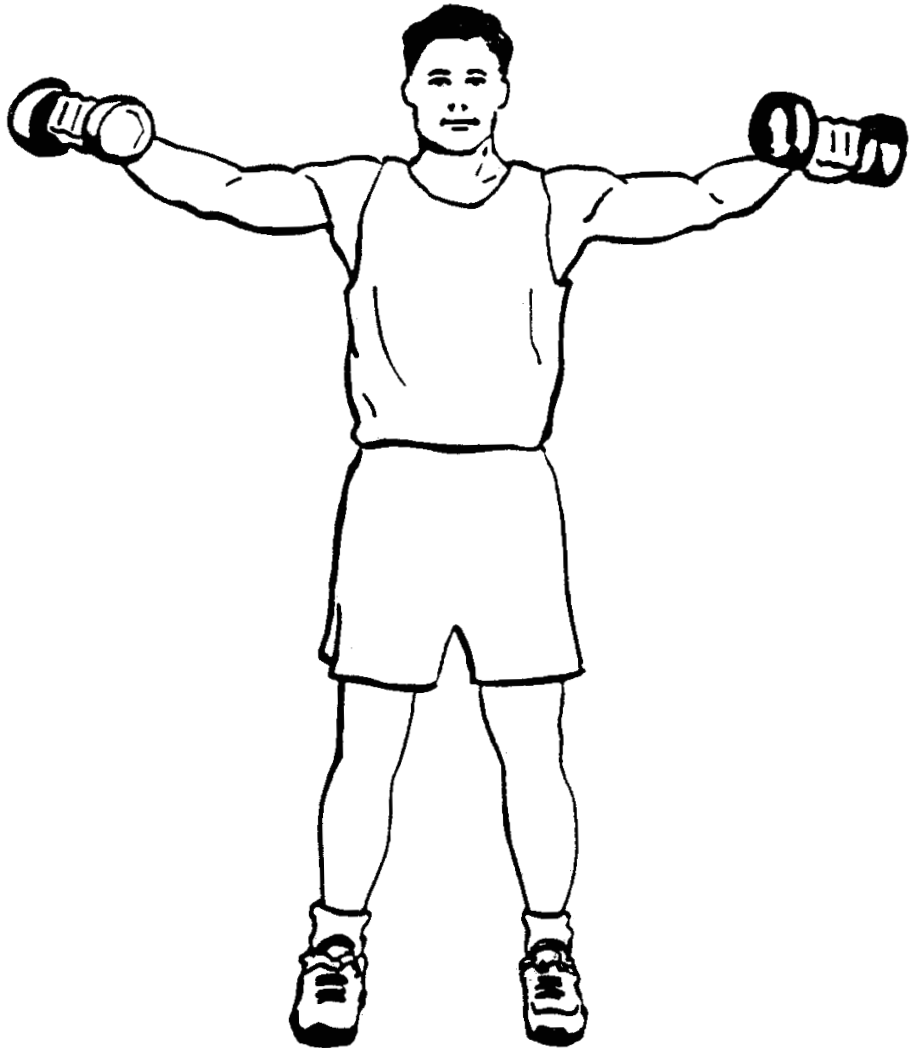
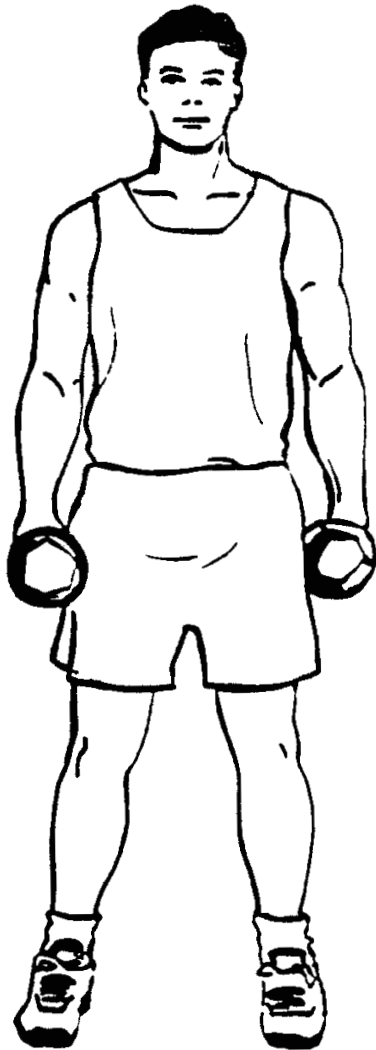


Arm raise *(with or without weights)*



Stand with your feet shoulder width apart, arms at your sides with your palms against your thighs. Keeping your arms straight, slowly raise your arms to shoulder height. Slowly return to the starting position and repeat 10 times.